II. The Helping Model Attending

Student Counselor/Helper: _____
Student Client/Helpee: _____
Date: _____

Squaring at the shoulders									
Direct eye contact ("soft focus")									
Incline posture toward client/helpee									
3-4 ft. distance between counselor & client									
Eliminate distracting behavior									
Congruent facial expressions									
Open body posture (NO Crossing!)									
Flexible (all of the above)									

Primary Listening Skills

Open-Ended Questions									
Paraphrasing									
Reflection of Feeling									
Minimal Encouragers									
Clarifying remarks									
Summarizing									
Perception Check									